



USTFCCA NJCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2024 Week #3, April 9



Central

as of 4/9/2024 7:45:13 AM ET

Women's 100 Meters

1	1	Patrycja KARPIESIUKE	SO	#3	DuPage (Ill.)	12.49w	(3.0)	4/6
2	2	Amaya RIQUE	FR	#2	Mineral Area (Mo	12.60	(2.0)	4/6
3	4	Svetlozara UVAKOVA	SO	#1	Harper (Ill.)	12.87	(0.7)	3/29
4	6	Arieana HORTON	FR	#6	CC of Philadelph	13.11w	(3.7)	3/29
5	8	Regan FURMANKIEWICZ	FR	#4	Joliet (Ill.) JC	13.34	(0.7)	3/29
6	10	Perla VARGAS	FR	#1	Harper (Ill.)	{2} 13.55	(0.4)	3/29
7	11	Zoe PAVLU	FR	#1	Harper (Ill.)	{3} 13.63w	(3.0)	4/6
8	13	Katie MAJORS	SO	#7	St. Charles (Mo.)	13.69	(0.6)	4/5
9	14	Fonida KHAMISSI	FR	#3	DuPage (Ill.)	{2} 13.71	(1.9)	4/6
10	18	Chakhia JENKINS HICK	FR	#3	DuPage (Ill.)	{3} 13.95	(1.8)	4/6

Women's 100 Meter Hurdles

1	1	Chloe WINTERGERST	SO	#1	Harper (Ill.)	16.73	(1.7)	4/6
2	2	Lucia SANCHEZ SCRIVEN	FR	#1	Harper (Ill.)	{2} 17.64	(1.9)	3/29
3	3	Kenleigh LANGE	FR	#2	Mineral Area (Mc	17.99	(0.2)	4/6
4	5	Kayla WILLIAMS	SO	#4	Joliet (Ill.) JC	19.33	(2.0)	4/6
5	9	Brooklyn STUCKEY	FR	#4	Joliet (Ill.) JC	{2} 20.59	(1.6)	4/6

Women's 200 Meters

1	1	Patrycja KARPIESIUKE	SO	#3	DuPage (Ill.)	26.06	(-1.7)	4/6
2	2	Amaya RIQUE	FR	#2	Mineral Area (Mc	26.56w	(3.6)	3/30
3	4	Arieana HORTON	FR	#6	CC of Philadelph	27.58	(-0.6)	3/30
4	6	Regan FURMANKIEWICZ	FR	#4	Joliet (Ill.) JC	28.13	(0.6)	3/29
5	8	Svetlozara UVAKOVA	SO	#1	Harper (Ill.)	28.20	(-2.9)	4/6
6	9	Molly MORRIS	FR	#3	DuPage (Ill.)	{2} 28.21	(-0.8)	4/6
7	11	Felicity KESTER	FR	#2	Mineral Area (Mc	{2} 28.60	(1.4)	3/23
8	12	Fonida KHAMISSI	FR	#3	DuPage (Ill.)	{3} 28.61	(-1.3)	4/6
9	16	Perla VARGAS	FR	#1	Harper (Ill.)	{2} 28.96	(-2.9)	4/6
10	17	Bintu SHERIFF	FR	#10	Delaware County	28.99	(0.1)	4/6

Women's 400 Meters

1	1	Ellie LOGSDON	FR	#3	DuPage (Ill.)	57.98		4/6
2	2	Araxi BOGHOSSIAN	SO	#1	Harper (Ill.)	1:01.90		4/6
3	3	Molly MORRIS	FR	#3	DuPage (Ill.)	{2} 1:04.41		4/6
4	4	Arieana HORTON	FR	#6	CC of Philadelph	1:06.84		4/6
5	8	Adrienne KARPEN	SO	#4	Joliet (Ill.) JC	1:07.86		4/6
6	10	Regan FURMANKIEWICZ	FR	#4	Joliet (Ill.) JC	{2} 1:08.75		4/6
7	14	Meg SUKLEY	SO	#4	Joliet (Ill.) JC	{3} 1:10.07		4/6
8	19	Bethsaida MYRTHIL	FR	#5	Valley Forge Mili	1:14.29		4/6
9	20	Sofia TROLAND	SO	#5	Valley Forge Mili	{2} 1:16.02		4/6
10	27	Danielle HORNE	SO	#5	Valley Forge Mili	{3} 1:30.51		3/23

Women's 400 Meter Hurdles

1	1	Chloe WINTERGERST	SO	#1	Harper (Ill.)	1:14.04		4/6
2	2	Kasey LEDINSKY	FR	#1	Harper (Ill.)	{2} 1:14.73		4/6
3	3	Kiera FINN	SO	#2	Mineral Area (Mc	1:15.16		4/6
4	5	Kayla WILLIAMS	SO	#4	Joliet (Ill.) JC	1:16.56		4/6
5	7	Lucia SANCHEZ SCRIVEN	FR	#1	Harper (Ill.)	{3} 1:22.21		4/6

Women's 800 Meters

1	1	Lilly ALBERTS	SO	#1	Harper (Ill.)	2:10.81		3/29
2	2	Melanie KEHR	SO	#1	Harper (Ill.)	{2} 2:35.08		4/6
3	3	Brianna RUIZ	SO	#1	Harper (Ill.)	{3} 2:35.85		4/6
4	4	Kaili DECKER	SO	#1	Harper (Ill.)	{4} 2:36.17		3/29
5	6	Carmen SOLIS	FR	#3	DuPage (Ill.)	2:36.33		4/6
6	7	Celeste SANSEGRAW	FR	#2	Mineral Area (Mc	2:41.24		4/6
7	8	Kiera FINN	SO	#2	Mineral Area (Mc	{2} 2:41.26		3/30
8	10	Janson KING	FR	#2	Mineral Area (Mc	{3} 2:42.95		4/6
9	12	Riley PETSCH	SO	#2	Mineral Area (Mc	{4} 2:46.16		4/6
10	14	Aubree JONES	FR	#2	Mineral Area (Mc	{5} 2:49.00		4/6

Women's 1500 Meters

1	1	Lilly ALBERTS	SO	#1	Harper (Ill.)	4:40.25		4/6
2	4	Celeste SANSEGRAW	FR	#2	Mineral Area (Mc	5:16.42		4/6
3	5	Isabela WOJCIEKOWSKI	FR	#1	Harper (Ill.)	{2} 5:16.56		3/29
4	7	Claudia WOJCIEKOWSKI	FR	#1	Harper (Ill.)	{3} 5:23.17		3/29
5	8	Kaili DECKER	SO	#1	Harper (Ill.)	{4} 5:26.35		4/6
6	9	Riley PETSCH	SO	#2	Mineral Area (Mc	{2} 5:29.71		4/6
7	12	Alheli RAMOS-GARCIA	SO	#9	Patrick & Henry I	5:43.17		3/30
8	13	Emma CECICH	SO	#4	Joliet (Ill.) JC	5:46.13		4/6
9	19	Danielle GIOVENCO	SO	#1	Harper (Ill.)	{5} 5:56.50		3/29
10	21	Sofia TROLAND	SO	#5	Valley Forge Mili	6:04.09		4/6

Women's Steeplechase

1	1	Emma CECICH	SO	#4	Joliet (Ill.) JC	14:04.07		3/29
2	3	Bianca NUNEZ	FR	#3	DuPage (Ill.)	15:21.83		4/6

Women's 5000 Meters

1	1	Isabela WOJCIEKOWSKI	FR	#1	Harper (Ill.)	19:29.32		3/29
2	2	Carmen SOLIS	FR	#3	DuPage (Ill.)	19:38.73		4/6
3	3	Claudia WOJCIEKOWSKI	FR	#1	Harper (Ill.)	{2} 19:43.24		3/29
4	6	Riley PETSCH	SO	#2	Mineral Area (Mc	20:47.26		3/23
5	7	Abigail DEAN	SO	#2	Mineral Area (Mc	{2} 20:47.27		3/23

Women's 10,000 Meters

1	2	Isabela WOJCIEKOWSKI	FR	#1	Harper (Ill.)	42:33.58		4/6
2	3	Claudia WOJCIEKOWSKI	FR	#1	Harper (Ill.)	{2} 43:30.43		4/6
3	5	Celeste SANSEGRAW	FR	#2	Mineral Area (Mc	45:16.53		3/29
4	6	Abigail DEAN	SO	#2	Mineral Area (Mc	{2} 45:54.52		3/29
5	7	Riley PETSCH	SO	#2	Mineral Area (Mc	{3} 46:11.55		3/29
6	8	Danielle GIOVENCO	SO	#1	Harper (Ill.)	{3} 46:56.99		4/6



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Central

as of 4/9/2024 7:45:13 AM ET

Women's 4x100 Relay

1	1	Molly Morris, Ellie Logsdon, Fonida Khamissi, Patrycja Karpiesiuk	#3 DuPage (Ill.)	50.01	4/6
2	2	Araxi Boghossian, Perla Vargas, Svetlozara Uvakova, Lily Wintergerst	#1 Harper (Ill.)	51.71	3/29
3	3	Meg Sukley, Regan Furmankiewicz, Adrienne Karpen, Kayla Williams	#4 Joliet (Ill.) JC	52.74	4/6
4	5	Amaya Rique, Kaydence Gibson, Kenleigh Lange, Felicity Kester	#2 Mineral Area (Mo)	54.42	4/6
5	8	#Type!	#8 Manor (Pa.)	1:06.68	4/6

Women's 4x400 Relay

1	1	Araxi Boghossian, Svetlozara Uvakova, Kasey Ledinsky, Lilly Alberts	#1 Harper (Ill.)	4:14.18	4/6
2	2	Ellie Logsdon, Carmen Solis, Chakhia Jenkins Hick, Patrycja Karpiesiuk	#3 DuPage (Ill.)	4:20.39	4/6
3	6	Meg Sukley, Kayla Williams, Adrienne Karpen, Regan Furmankiewicz	#4 Joliet (Ill.) JC	4:52.73	4/6

Women's High Jump

1	1	Katie MAJORS	SO	#7 St. Charles (Mo.)	1.55m	5-1	3/30
1	1	Cassidy HERGET	FR	#2 Mineral Area (Mo)	1.55m	5-1	4/6
3	4	Patrycja KARPIESIUKE	SO	#3 DuPage (Ill.)	1.46m	4-9½	4/6
4	7	Kasey LEDINSKY	FR	#1 Harper (Ill.)	1.41m	4-7½	4/6
5	8	Brooklyn STUCKEY	FR	#4 Joliet (Ill.) JC	1.38m	4-6¼	3/29
6	11	Kenleigh LANGE	FR	#2 Mineral Area (Mo)	1.35m	4-5	3/23
7	12	Chloe WINTERGERST	SO	#1 Harper (Ill.)	1.33m	4-4¼	3/29
8	13	Rose WAGNER	FR	#1 Harper (Ill.)	1.28m	4-2¼	3/29

Women's Pole Vault

1	1	Lily WINTERGERST	SO	#1 Harper (Ill.)	3.05m	10-0	3/29
2	2	Chloe WINTERGERST	SO	#1 Harper (Ill.)	2.75m	9-¼	3/29
3	3	Lucia SANCHEZ SCRIVEN	FR	#1 Harper (Ill.)	2.60m	8-6¼	3/29
3	3	Kaydence GIBSON	FR	#2 Mineral Area (Mo)	2.60m	8-6¼	3/23

Women's Long Jump

1	2	Lucia SANCHEZ SCRIVEN	FR	#1 Harper (Ill.)	5.01m	16-5¼ (0.0)	4/6
2	4	Molly MORRIS	FR	#3 DuPage (Ill.)	4.84m	15-10½ (1.9)	4/6
3	5	Lily WINTERGERST	SO	#1 Harper (Ill.)	4.82m	15-9¾ (0.6)	3/29
3	5	Ashley STEELE	SO	#6 CC of Philadelph	4.82m	15-9¾ (0.8)	3/30
5	7	Natalia POCICA	FR	#1 Harper (Ill.)	4.81m	15-9½ (1.1)	3/29
5	7	Katie MAJORS	SO	#7 St. Charles (Mo.)	4.81m	15-9½ (-1.1)	4/5
7	12	Emilie MIHOV	FR	#1 Harper (Ill.)	4.44m	14-6¾ (0.0)	4/6

Women's Triple Jump

1	1	Lily WINTERGERST	SO	#1 Harper (Ill.)	10.26m	33-8 (0.2)	3/29
2	2	Natalia POCICA	FR	#1 Harper (Ill.)	10.16m	33-4 (0.3)	3/29
3	3	Lucia SANCHEZ SCRIVEN	FR	#1 Harper (Ill.)	10.07m	33-½ (1.2)	4/6
4	4	Emilie MIHOV	FR	#1 Harper (Ill.)	9.95m	32-7¾ (-1.6)	4/6

Women's Shot Put

1	3	Nikiya ROBERTSON	FR	#4 Joliet (Ill.) JC	10.91m	35-9½	3/29
2	13	Kasey LEDINSKY	FR	#1 Harper (Ill.)	8.80m	28-10½	4/6
3	15	Teegan ROACH	FR	#3 DuPage (Ill.)	8.25m	27-¾	4/6
4	17	Fallon HAMILTON	SO	#4 Joliet (Ill.) JC	8.04m	26-4½	3/29
5	21	Jaeda MANNS	SO	#9 Patrick & Henry	7.49m	24-7	3/30
6	27	Danalis ALVARADO	FR	#5 Valley Forge Mili	5.41m	17-9	4/6

Women's Discus

1	6	Kasey LEDINSKY	FR	#1 Harper (Ill.)	29.49m	96-9	3/29
2	9	Rose WAGNER	FR	#1 Harper (Ill.)	26.56m	87-1¾	4/6
3	13	Teegan ROACH	FR	#3 DuPage (Ill.)	19.46m	63-10¼	4/6
4	16	Fallon HAMILTON	SO	#4 Joliet (Ill.) JC	17.66m	57-11¼	3/29

Women's Hammer

1	3	Samantha WALTON	FR	#1 Harper (Ill.)	29.75m	97-7¼	4/6
2	4	Kasey LEDINSKY	FR	#1 Harper (Ill.)	29.52m	96-10¼	3/29
3	5	Rose WAGNER	FR	#1 Harper (Ill.)	27.72m	90-11½	4/6
4	7	Teegan ROACH	FR	#3 DuPage (Ill.)	23.74m	77-10¾	4/6

Women's Javelin

1	4	Cassidy HERGET	FR	#2 Mineral Area (Mo)	28.85m	94-8	3/23
2	7	Chloe WINTERGERST	SO	#1 Harper (Ill.)	25.56m	83-10¼	3/29
3	10	Lily WINTERGERST	SO	#1 Harper (Ill.)	24.22m	79-5½	3/29



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WOMEN — 2024 Week #3, April 9



East

as of 4/9/2024 7:45:13 AM ET

Women's 100 Meters

1	3	Amia TODMAN	#6 Springfield Tech	12.70	(-1.0)	3/16
2	5	Trinity ORTIZ	SO #3 Finger Lakes (N.)	12.95w	(2.2)	4/7
3	7	Macayla LOGAN	#6 Springfield Tech	13.22	(-1.3)	3/16
4	9	Jacey HINDS	FR #2 Mohawk Valley (I)	13.44	(1.0)	3/30
5	16	Olga AKHRENMENKO	SO #2 Mohawk Valley (I{2})	13.77w	(3.4)	4/6
6	23	Sydney HIGHT	FR #2 Mohawk Valley (I{3})	14.13w	(3.4)	4/6
7	26	Asaria WRIGHT	SO #5 Herkimer County	14.48	(1.0)	3/30
8	31	Emily MURROW	FR #1 RCSJ Gloucester	14.86	(1.3)	3/16
9	34	Eleyna RIVAS	FR #5 Herkimer County	15.11	(0.8)	3/30
10	38	Vanessa ADDO	FR #5 Herkimer County	15.41w	(3.4)	4/6

Women's 100 Meter Hurdles

1	4	Ava SCHIFF	FR #7 SUNY Broome CC	19.06w	(2.7)	4/6
2	7	Dava MARCIL	FR #4 Hudson Valley (N)	19.91	(-1.3)	3/23
3	8	Juliette VENTURA	SO #3 Finger Lakes (N.)	20.19w	(3.6)	4/7

Women's 200 Meters

1	3	Macayla LOGAN	#6 Springfield Tech	27.46	(0.2)	3/16
2	5	Trinity ORTIZ	SO #3 Finger Lakes (N.)	27.97	(-1.4)	3/30
3	7	Jacey HINDS	FR #2 Mohawk Valley (I)	28.17	(0.6)	3/30
4	26	Olga AKHRENMENKO	SO #2 Mohawk Valley (I{2})	30.21	(0.6)	3/30
5	27	Alisea SCOTT	SO #5 Herkimer County	30.43w	(2.8)	4/6
6	28	Emily MURROW	FR #1 RCSJ Gloucester	30.78	(-2.4)	3/30
7	30	Eleyna RIVAS	FR #5 Herkimer County	30.82	(0.0)	3/30
8	37	Juliette VENTURA	SO #3 Finger Lakes (N.)	31.49	(-1.1)	3/30
9	38	Ava SCHIFF	FR #7 SUNY Broome CC	32.06	(-1.4)	3/30
10	40	Riley PRECOURT	FR #7 SUNY Broome CC	32.60w	(2.8)	4/6

Women's 400 Meters

1	11	Susana SERRANO	SO #1 RCSJ Gloucester	1:09.84		3/30
2	12	Marlee SHAFER	FR #2 Mohawk Valley (I)	1:09.89		4/6
3	13	Taiwo OMOYA	#4 Hudson Valley (N)	1:10.02		3/23
4	17	Grace HOLMES	FR #3 Finger Lakes (N.)	1:13.17		3/30
5	21	Laylani CRESPO	SO #10 Northern Essex (	1:16.40		4/6
6	22	Emma HARVERSON	FR #1 RCSJ Gloucester	1:17.65		4/6
7	23	Francesca MACCARONE	FR #1 RCSJ Gloucester	1:19.93		4/6
8	24	Riley PRECOURT	FR #7 SUNY Broome CC	1:20.98		4/6
9	25	Emily MURROW	FR #1 RCSJ Gloucester	1:21.93		3/2

Women's 400 Meter Hurdles

1	4	Breanne MILLSON	SO #2 Mohawk Valley (I)	1:15.89		3/30
2	6	Olivia SKYLSTAD	JR #4 Hudson Valley (N)	1:20.90		3/23

Women's 800 Meters

1	9	Lauren SUPPE	FR #2 Mohawk Valley (I	2:41.94		4/6
2	11	Courtney O'HARA	#1 RCSJ Gloucester	2:45.48		3/30
3	13	Mackenzie COCHRAN	SO #1 RCSJ Gloucester	2:48.97		3/30
4	17	Susana SERRANO	SO #1 RCSJ Gloucester	2:51.83		3/16
5	19	Olivia SKYLSTAD	JR #4 Hudson Valley (N	2:52.79		3/23
6	20	Megan CALDER	FR #3 Finger Lakes (N.)	2:53.54		4/7
7	21	Alexandra CAMPO	#1 RCSJ Gloucester	2:53.90		3/16
8	22	Tessie SHAFER	FR #2 Mohawk Valley (I{2})	2:54.10		4/6
9	23	Marlee SHAFER	FR #2 Mohawk Valley (I{3})	2:57.79		3/30
10	27	Morgan CHENEY	SO #3 Finger Lakes (N.)	3:02.68		4/7

Women's 1500 Meters

1	6	Alexis HEATH	FR #5 Herkimer County	5:16.94		4/6
2	10	Lauren SUPPE	FR #2 Mohawk Valley (I	5:31.88		4/6
3	14	Courtney O'HARA	#1 RCSJ Gloucester	5:46.39		3/2
4	15	Tessie SHAFER	FR #2 Mohawk Valley (I{2})	5:48.54		4/6
5	16	Alexandra CAMPO	#1 RCSJ Gloucester	5:49.91		3/30
6	17	Megan CALDER	FR #3 Finger Lakes (N.)	5:52.34		4/7
7	18	Morgan CHENEY	SO #3 Finger Lakes (N.)	5:56.42		4/7
8	20	Mackenzie COCHRAN	SO #1 RCSJ Gloucester	5:59.24		3/16

Women's Steeplechase

1	2	Morgan CHENEY	SO #3 Finger Lakes (N.)	14:05.46		3/30
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Women's 5000 Meters

1	4	Aja JACKSON	SO #7 SUNY Broome CC	19:47.27		4/6
2	5	Amelia BOWMAN-MCCOY	SO #5 Herkimer County	20:01.55		3/30
3	9	Laurel TICER	SO #4 Hudson Valley (N	22:15.66		3/23
4	10	Rebecca MARTIN	FR #4 Hudson Valley (N{2})	22:15.80		3/23

Women's 10,000 Meters

1	1	Aja JACKSON	SO #7 SUNY Broome CC	42:18.21		3/30
2	4	Amelia BOWMAN-MCCOY	SO #5 Herkimer County	44:07.36		4/6

Women's 4x100 Relay

1	4	Sydney Hight, Olga Akhremenko, Breanne Millson, Jacey Hinds	#2 Mohawk Valley (I	53.27		4/6
2	6	Emma Harverson, Francesca Maccarone, Emily Murrow, Susana Serrano	#1 RCSJ Gloucester	58.49		3/30

Women's 4x400 Relay

1	4	Marlee Shafer, Tessie Shafer, Lauren Suppe, Breanne Millson	#2 Mohawk Valley (I	4:44.42		4/6
2	5	Mackenzie Cochran, Emma Harverson, Emily Murrow, Susana Serrano	#1 RCSJ Gloucester	4:46.70		3/30



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WOMEN — 2024 Week #3, April 9



East

as of 4/9/2024 7:45:13 AM ET

Women's 4x800 Relay

1	1	Alexandra Campo, Mackenzie Cochran, Courtney O'Hara, Susana Serrano	#1	RCSJ Gloucester	11:21.67	3/30
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Women's High Jump

1	3	Trinity ORTIZ	SO	#3	Finger Lakes (N.Y.)	1.54m	5-½	4/7
2	5	Emma HARVERSON	FR	#1	RCSJ Gloucester	1.42m	4-7¾	3/30
3	9	Eleyna RIVAS	FR	#5	Herkimer County	1.37m	4-6	4/6
4	10	Juliette VENTURA	SO	#3	Finger Lakes (N.Y.)	1.36m	4-5½	4/7

Women's Pole Vault

1	5	Grace HOLMES	FR	#3	Finger Lakes (N.Y.)	2.20m	7-2½	4/7
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Women's Long Jump

1	1	Trinity ORTIZ	SO	#3	Finger Lakes (N.Y.)	5.21m	17-1¼ (0.0)	3/30
2	9	Dejoue SEBASTINE		#6	Springfield Tech	4.68m	15-4¼ (-0.9)	3/16
3	10	Breanne MILLSON	SO	#2	Mohawk Valley (I)	4.46m	14-7¾ (0.8)	4/6
4	15	Ava SCHIFF	FR	#7	SUNY Broome CC	4.19m	13-9 (0.1)	3/30
5	17	Eleyna RIVAS	FR	#5	Herkimer County	4.05m	13-3½ (0.4)	3/30
6	20	Grace HOLMES	FR	#3	Finger Lakes (N.Y.)	3.96m	13-0 (0.3)	3/30
7	21	Vanessa ADDO	FR	#5	Herkimer County	3.74m	12-3¼ (0.8)	4/6

Women's Triple Jump

1	5	Ava SCHIFF	FR	#7	SUNY Broome CC	9.75m	32-0 (1.2)	3/30
2	6	Emma HARVERSON	FR	#1	RCSJ Gloucester	8.62m	28-3½ (-2.4)	3/2

Women's Shot Put

1	1	Savianna JOSEPH		#6	Springfield Tech	12.39m	40-7¾	3/16
2	2	Kayla FRANKLIN	SO	#8	Camden County	11.60m	38-¾	3/30
3	4	Romeena DAVIS		#6	Springfield Tech	10.64m	34-11	3/16
4	5	Kara KNORR	JR	#1	RCSJ Gloucester	10.28m	33-8¾	3/16
5	6	Siri SORENSON	FR	#4	Hudson Valley (N.Y.)	9.90m	32-5¾	3/23
6	8	Makeda CHRISTOPHER		#6	Springfield Tech	9.71m	31-10¼	3/16
7	9	Iamies HASSAN	FR	#4	Hudson Valley (N.Y.)	9.65m	31-8	3/23
8	10	Hannah OTTERSTEDT	FR	#9	Bergen (N.J.) CC	9.50m	31-2	3/30
9	12	Phallon RIVERA	FR	#3	Finger Lakes (N.Y.)	8.81m	28-11	4/7
10	16	Ava SCHIFF	FR	#7	SUNY Broome CC	8.23m	27-0	3/30

Women's Discus

1	2	Kayla FRANKLIN	SO	#8	Camden County	34.59m	113-6	3/16
2	4	Hannah OTTERSTEDT	FR	#9	Bergen (N.J.) CC	31.10m	102-1	3/30
3	5	Kara KNORR	JR	#1	RCSJ Gloucester	30.66m	100-7	4/6
4	7	Sophia DUNNING	FR	#1	RCSJ Gloucester	28.49m	93-5¾	3/30
5	10	Phallon RIVERA	FR	#3	Finger Lakes (N.Y.)	24.57m	80-7½	3/30
6	14	Hilary VALDEZ	FR	#9	Bergen (N.J.) CC	19.39m	63-7½	3/30
7	15	Prayz'ah BRUMFIELD	FR	#2	Mohawk Valley (I)	19.36m	63-6¼	4/6
8	17	Cheryl BIELBY	SO	#2	Mohawk Valley (I)	17.17m	56-4	4/6
9	18	Abigail SORIANO	FR	#8	Camden County	16.18m	53-1	3/30
10	19	Grace WAHL	FR	#1	RCSJ Gloucester	14.42m	47-3¾	4/6

Women's Hammer

1	1	Kara KNORR	JR	#1	RCSJ Gloucester	37.31m	122-5	4/6
2	6	Sophia DUNNING	FR	#1	RCSJ Gloucester	24.47m	80-3½	4/6
3	8	Jessica SLINGERLAND	FR	#4	Hudson Valley (N.Y.)	14.73m	48-4	3/23
4	10	Angelica SLINGERLAND	FR	#4	Hudson Valley (N.Y.)	13.89m	45-7	3/23

Women's Javelin

1	1	Kara KNORR	JR	#1	RCSJ Gloucester	33.06m	108-6	3/30
2	2	Kayla FRANKLIN	SO	#8	Camden County	32.20m	105-8	3/30
3	3	Jessica SLINGERLAND	FR	#4	Hudson Valley (N.Y.)	30.07m	98-8	3/23
4	6	Sophia DUNNING	FR	#1	RCSJ Gloucester	25.98m	85-3	3/30
5	9	Kayla FRANKLIN		#8	Camden County	24.90m	81-8½	3/23
6	12	Grace WAHL	FR	#1	RCSJ Gloucester	22.41m	73-6¼	3/30
7	13	Juliette VENTURA	SO	#3	Finger Lakes (N.Y.)	22.04m	72-3¾	3/30
8	14	Angelica SLINGERLAND	FR	#4	Hudson Valley (N.Y.)	21.09m	69-2½	3/23
9	19	Kathleen MISENO-BOWLES	FR	#5	Herkimer County	16.39m	53-9¼	3/30
10	21	Morgan CHENEY	SO	#3	Finger Lakes (N.Y.)	14.92m	48-11½	3/30



USTFCCA NJCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2024 Week #3, April 9



Northeast

as of 4/9/2024 7:45:14 AM ET

Women's 100 Meters

1	12	Kaprice SIGLER	FR	#3 Onondaga (N.Y.)	13.66	(1.0)	4/7
2	15	Amanda MANNINO	JR	#1 Suffolk County (I	13.76	(1.3)	3/30
3	17	Russo-Sanchez GIANNA	FR	#6 Nassau (N.Y.) CC	13.89	(-2.0)	4/7
4	20	Catherine SHAW	SO	#1 Suffolk County (I{2}	14.01	(0.1)	3/30
5	25	Genesis LONG	FR	#4 Kingsborough (N	14.37	(-2.0)	4/7
6	27	Julianne COSSIN	FR	#2 Queensborough	14.52	(0.0)	3/1
7	28	Tasheyana RICHARDS	FR	#1 Suffolk County (I{3}	14.61	(-3.6)	4/7
8	29	Deja-Monet COLEMAN	SO	#3 Onondaga (N.Y.){2}	14.68	(1.8)	4/7
9	32	Esther BABAFEMI	FR	#5 FIT (N.Y.)	14.87	(-2.4)	4/7
10	35	Medina SCRIBNER	FR	#2 Queensborough {2}	15.27	(-2.0)	4/7

Women's 100 Meter Hurdles

1	6	Abib MUSE	FR	#3 Onondaga (N.Y.)	19.63w	(3.6)	4/7
2	10	Emely PALACIOS	FR	#2 Queensborough	23.26	(-1.5)	4/7
3	11	Stephanie GRANADOS	FR	#8 SUNY Sullivan	27.56	(0.0)	3/30

Women's 200 Meters

1	10	Amanda MANNINO	JR	#1 Suffolk County (I	28.51	(1.4)	3/30
2	12	Kaprice SIGLER	FR	#3 Onondaga (N.Y.)	28.61	(-1.1)	4/7
3	14	Catherine SHAW	SO	#1 Suffolk County (I{2}	28.62	(0.3)	3/30
4	15	Kayla COQ	FR	#1 Suffolk County (I{3}	28.90	(-2.6)	4/7
5	19	Ruth GONZALEZ	FR	#1 Suffolk County (I{4}	29.12	(1.8)	3/30
6	20	Russo-Sanchez GIANNA	FR	#6 Nassau (N.Y.) CC	29.13	(-1.5)	3/30
7	21	Genesis LONG	FR	#4 Kingsborough (N	29.54	(-1.4)	4/7
8	25	Abib MUSE	FR	#3 Onondaga (N.Y.){2}	30.19	(-0.1)	4/7
9	30	Julianne COSSIN	FR	#2 Queensborough	30.82	(-1.9)	4/7
10	32	Esther BABAFEMI	FR	#5 FIT (N.Y.)	30.91	(-0.7)	4/7

Women's 400 Meters

1	5	Amanda KELLY	FR	#4 Kingsborough (N	1:06.94		3/1
2	6	Russo-Sanchez GIANNA	FR	#6 Nassau (N.Y.) CC	1:07.46		4/7
3	7	Catherine SHAW	SO	#1 Suffolk County (I	1:07.78		4/7
4	9	Medina SCRIBNER	FR	#2 Queensborough	1:08.33		3/30
5	15	Julianne COSSIN	FR	#2 Queensborough {2}	1:10.94		4/7
6	16	Genesis LONG	FR	#4 Kingsborough (N{2}	1:12.11		3/1
7	18	Kayla HERNANDEZ	FR	#2 Queensborough {3}	1:14.14		4/7
8	26	Vicki YE	FR	#2 Queensborough {4}	1:29.68		4/7

Women's 400 Meter Hurdles

1	8	Medina SCRIBNER	FR	#2 Queensborough	1:22.50		3/24
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Women's 800 Meters

1	5	Ruth GONZALEZ	FR	#1 Suffolk County (I	2:36.21		3/30
2	18	Amanda KELLY	FR	#4 Kingsborough (N	2:52.05		4/7
3	25	Medina SCRIBNER	FR	#2 Queensborough	3:01.96		4/7
4	26	Kaitlyn FICO	FR	#3 Onondaga (N.Y.)	3:02.66		4/7
5	32	Manar ELNOOR	FR	#2 Queensborough {2}	3:07.27		4/7
6	33	Elizabeth KRAYNAK	SO	#3 Onondaga (N.Y.){2}	3:22.06		4/7

Women's 1500 Meters

1	2	Kimiko QUAYLE	SO	#5 FIT (N.Y.)	4:58.91		4/7
2	3	Brenin MAHON	SO	#1 Suffolk County (I	5:11.15		4/7
3	11	Kaylee LUPOWITZ	FR	#5 FIT (N.Y.) {2}	5:42.20		4/7
4	23	Brooke RONCA	FR	#1 Suffolk County (I{2}	6:48.53		3/1
5	24	Elizabeth KRAYNAK	SO	#3 Onondaga (N.Y.)	6:51.91		4/7
6	27	Shu Qi YANG	FR	#2 Queensborough	7:49.90		3/24

Women's Steeplechase

1	4	Manar ELNOOR	FR	#2 Queensborough	15:34.07		4/7
2	5	Shu Qi YANG	FR	#2 Queensborough {2}	19:25.76		4/7

Women's 5000 Meters

1	8	Brenin MAHON	SO	#1 Suffolk County (I	21:11.44		3/30
2	11	Brooke RONCA	FR	#1 Suffolk County (I{2}	24:30.89		4/7
3	12	Aine MCELHINNEY	FR	#1 Suffolk County (I{3}	24:56.63		4/7

Women's 4x100 Relay

1	7	Sheila Da Silva, Kayla Hernandez, Medina Scribner, Julianne Cossin	#2 Queensborough	1:00.68		4/7
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Women's 4x400 Relay

1	3	Ruth Gonzalez, Brenin Mahon, Catherine Shaw, Amanda Mannino	#1 Suffolk County (I	4:25.90		4/7
2	7	Julianne Cossin, Kayla Hernandez, Sheila Da Silva, Medina Scribner	#2 Queensborough	4:57.11		3/1

Women's 4x800 Relay

1	2	Brenin Mahon, Brooke Ronca, Ruth Gonzalez, Malia Fowler	#1 Suffolk County (I	12:07.61		3/1
2	3	Manar Elnoor, Julianne Cossin, Sheila Da Silva, Shu Qi Yang	#2 Queensborough	12:32.69		3/1

Women's High Jump

1	5	Malia FOWLER	SO	#1 Suffolk County (I	1.42m	4-7¾	3/30
2	14	Sheila DA SILVA	FR	#2 Queensborough	1.25m	4-1¼	4/7
2	14	Emely PALACIOS	FR	#2 Queensborough	1.25m	4-1¼	4/7

Women's Long Jump

1	3	Kayla COQ	FR	#1 Suffolk County (I	4.92m	16-1¾ (0.8)	4/7
2	11	Malia FOWLER	SO	#1 Suffolk County (I{2}	4.45m	14-7¼ (-1.7)	3/30
3	13	Tasheyana RICHARDS	FR	#1 Suffolk County (I{3}	4.30m	14-1¼ (0.1)	4/7
4	14	Julianne COSSIN	FR	#2 Queensborough	4.26m	13-11¾ (0.1)	4/7
5	16	Aaliyah SHORTER	SO	#1 Suffolk County (I{4}	4.09m	13-5 (-0.4)	3/30
6	18	Sheila DA SILVA	FR	#2 Queensborough {2}	4.03m	13-2¾ (0.6)	4/7
7	19	Ange COMPERE	SO	#2 Queensborough {3}	4.00mw	13-1½ (2.5)	4/7



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Northeast

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Women's Shot Put

1	7	Madison GRANT	FR	#1 Suffolk County (I	9.73m	31-11¼	4/7
2	11	Aaliyah SHORTER	SO	#1 Suffolk County (I{2}	9.11m	29-10¾	3/1
3	14	Malia FOWLER	SO	#1 Suffolk County (I{3}	8.39m	27-6½	3/30
4	19	Ange COMPERE	SO	#2 Queensborough	7.84m	25-8¾	3/1
5	22	Isabel TORRES	FR	#2 Queensborough {2}	7.32m	24-¼	3/24
6	23	Emely PALACIOS	FR	#2 Queensborough {3}	6.80m	22-3¾	4/7

Women's Discus

1	1	Bryn WHITMAN	SO	#3 Onondaga (N.Y.)	40.28m	132-2	4/7
2	3	Madison GRANT	FR	#1 Suffolk County (I	32.14m	105-6	3/30
3	8	Aaliyah SHORTER	SO	#1 Suffolk County (I{2}	26.85m	88-1¼	4/7
4	11	Juliah TRIANA	SO	#1 Suffolk County (I{3}	23.25m	76-3½	3/30
5	12	Agnessa LYSENKO	FR	#7 Roxbury CC	20.29m	66-7	4/7

Women's Hammer

1	2	Agnessa LYSENKO	FR	#7 Roxbury CC	33.18m	108-10	3/30
2	9	Ange COMPERE	SO	#2 Queensborough	14.58m	47-10	4/7

Women's Javelin

1	5	Madison GRANT	FR	#1 Suffolk County (I	28.67m	94-¾	3/30
2	8	Bryn WHITMAN	SO	#3 Onondaga (N.Y.)	25.06m	82-2¾	4/7
3	11	Aaliyah SHORTER	SO	#1 Suffolk County (I{2}	24.12m	79-1¾	4/7
4	15	Malia FOWLER	SO	#1 Suffolk County (I{3}	20.03m	65-8¾	4/7
5	16	Juliah TRIANA	SO	#1 Suffolk County (I{4}	19.17m	62-10¾	4/7
6	17	Emely PALACIOS	FR	#2 Queensborough	17.16m	56-3¾	4/7
7	18	Ange COMPERE	SO	#2 Queensborough {2}	16.70m	54-9½	4/7
8	20	Isabel TORRES	FR	#2 Queensborough {3}	15.11m	49-7	3/24